



RESILIENCY: Calming in Critical Moments

What is Resilience?

- The ability to bounce back from negative emotional experiences and by flexible adaptation to the changing demands of stressful experiences.

Benefits of Being Resilient

- Increased ability to be uncomfortable
- Connection to others
- Reduce the time we're "Out"
- Helps hold to meaning in work
- Transitions with you between work-life
- Protects against burnout

Self-Regulation

The ability to change our thinking and feelings in times of stress.

How to prime ourselves

1. Start the day quietly
2. Connect with others
3. Back to basics:
 - Sleep
 - Nutrition
 - Exercise

How to practice this

1. Take better breaks
 - Orient to something pleasant
 - Nasal breathing
 - Focus on the 5 senses
 - Time with others
 - Focus on body
2. Limit multitasking
3. Set boundaries

Goals for teams under stress

1. Morning check-ins
 - Start w/ 1 min. silence
2. Limit non-essential projects
3. Make self-care part of your mission
 - Rest is one of those...
 - Hold each other accountable for this

For more information, please contact Dr. Patrick Jeffs at patrick@theresiliencysolution.com or visit the website at theresiliencysolution.com

